

Mountaineer

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Photo by Sgt. Jon Wiley

Capt. David Rozelle, second from right, commander of Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, rides with Amputees Across America through downtown Colorado Springs. Rozelle, who lost part of right leg in Iraq, took part in the AAA campaign to raise awareness about amputation.

Amputees bike across America

by Sgt. Jon Wiley
Mountaineer staff

Just because they're amputees doesn't mean they sit around all day — that's the message Capt. David Rozelle and ambassadors from Amputees Across America sent loud and clear with a bike ride through downtown Colorado Springs Friday.

Rozelle, the commander of Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, joined the amputated bike riders from AAA on the Colorado Springs leg of a cross-country bike tour to raise awareness about amputation. Rozelle, 31, lost part of his right leg below the knee in a landmine explosion while commanding 140 Soldiers of Troop K, 3rd ACR, in the western-Iraqi city of Hit June, 2003.

Since then, Rozelle has become determined to prove amputees can pursue active, physically demanding lifestyles.

"There is life after amputation," said Joe Sapere, the founder of AAA, a group of amputees who sky-dive and complete a 4,100-mile bike trek across America every year.

Sapere, who lost a foot in a sky-diving accident in 2000, said many amputees think they can no longer do the things they used to do after losing a limb. He wants to show them they can do even more.

"If these middle-aged, out-of-shape guys can (bike across America), they can too," Sapere.

Sapere and his team of amputees have been biking 150

See Amputees, Page 3

Carson K-9s compete at FORSCOM level

by Spc. Zach Mott
Mountaineer staff

Military working dogs are a vital cog in the wheel of force protection. They assist in bomb detection, drug enforcement and add a physical presence that helps deter would be terrorist attacks from occurring on the Mountain Post.

Soldier/dog teams gathered at Fort Campbell, Ky., for the annual Forces Command Military Working Dog Competition May 22 to 25 to determine the top handler/dog team in FORSCOM.

Two teams from Fort Carson, Staff Sgt. Mario Beldiman and Rex, a Belgian tervuren; and Sgt. Lee Davie and Dak, a German shepherd; participated in the competition.

"It's (a chance) to go out and see what other people are doing and where you think that you need to be as far as what's going on," said Staff Sgt. Matthew D. Anders, 148th Military Police Detachment kennel master.

Each of the 16 total teams competed in seven events. Beldiman and Rex placed third in the special event category which included a 100-meter dog carry, a 1.3 mile run and attack work. Other events were handler protection, tactical obedience, scouting, building search, explosive detection and narcotic detection.

"It's a good experience," Anders said. "It's a real stressful environment and you get to see different things that you typically won't see in a normal day of training."

There were teams from Fort Bragg, N.C., Fort McPherson, Ga., Fort Polk, La., and Fort Leonard Wood, Mo., among others.

This gave the Mountain Post MWD teams a chance to see a different perspective of how their animals can be used.

"You get a chance to see a different way of doing things that you may not have thought of before," Anders said.

The top-place winners from this event continue on to the Department of Defense Competition later this year.

Marchand said it's a great opportunity for a MWD team to showcase its abilities.

Although Fort Carson was unable to send more teams due to deployments in support of the Global War on Terrorism, the military police are proud of the contingent they sent.

"These teams represented Fort Carson well," said Sgt. 1st Class Eugene Marchand, Provost Marshal Office operations sergeant. "Given the lack of time they had to prepare, they did well."

Training was limited, Marchand said. But, they plan to prepare more thoroughly for the next competition.

Anders said the post plans to send more teams to the next competition with hopes of earning more awards.

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Feature



Units around post change leadership.

Happenings



Soldiers and their families can visit Santa's Workshop at the North Pole for a reduced price.

See Pages 23 and 24.

Training holiday

Fort Carson observes a training holiday July 2 so the *Mountaineer* will be published Thursday next week. As Independence Day falls on Sunday, the federal holiday will be observed July 5.

Post Weather hotline:

526-0096

See Pages 18 and 19.

Letter to the editor

Fort Carson driver has safety concerns

This is the fourth time my family and I have had the opportunity to serve at the Mountain Post. As an old crusty maintenance warrant officer, I would like to share some safe driving concerns of mine with the Fort Carson community.

I don't know the statistics for accidents on Fort Carson but over the years, there have been many improvements to the roads here, however, there are some drivers who need to make improvements as well.

I would like to point out to some people that there is a difference between a yield sign and a merge sign. As you travel east on Prussman Avenue through the Chiles Street intersection near the main post exchange gas station, the eastbound traffic has to yield to traffic turning left from Chiles onto Prussman. Many of you out there regard this as an opportunity to speed up and merge or worse yet, simply ignore the big yellow yield sign. For the sake of others and lower insurance costs, pay attention to that intersection.

A similar situation exists at the intersection near the gas station leaving Fort Carson toward Gate 20. The yield sign at the end of Specker Avenue is there so traffic can turn left out of the stop sign from the "motor pool road" heading toward Gate 20. Numerous times I have received a sort of hand signal as I turn left there, thinking the

other driver will yield the right of way to me.

And for those of you who frequently visit Burger King, there is a sign as you exit the parking lot onto Prussman that reads "no left turn," yet we have a lot of folks who can't read. There might be a more prominent position for the sign, so that people will be sure to see it.

And of course, we can't forget the dreaded "one way" sign. Those are the big black and white ones with big arrows that point in the direction you are supposed to go. Good spots to encounter this are the main gas station and the other near the carwash. Many times I get a stupid look from somebody exiting against the "one way" sign. All of the above situations can be avoided by simply paying attention to regulatory traffic signs.

And let's use our turn signals. It is a standard feature on all cars that requires minimal effort and indicates to other drivers what your intentions are. An extra bonus is that they turn off by themselves when you straighten out. Like most others, I can't read your mind, so please, use your turn signals. And speaking of turn signals, listen to your turn signal. On newer vehicles, if one of your turn signals blink faster than the other side, then you probably have a burnt out signal bulb on the faster side. On older vehicles, if the dashboard indicator doesn't blink at all, just a steady arrow, you proba-

bly have a burnt bulb or worn flasher unit. Either way, you need to fix it, I can assure you that in most cases, it will cost less than a ticket.

Brake lights are an important feature also. They don't make noises when you step on the brake pedal unless somebody hits you because your brake lights didn't work. An easy way to check to see if both work is to back up against a wall and step on the brakes. If you see two red spots on the wall, you are OK, if not, check the bulb again. An alternate method is to have somebody watch as you step on the brakes. Just remember to stop completely.

With regards to turn signals and brake lights, those of you who pull a trailer once in a while need to remember to connect the light harness then check the trailer lights.

This little bit of advice applies to driving off post as well. All of this is to be taken lightly and is not intended to offend anybody, but merely to make you aware of your vehicle and some safe driving practices.

Thank you all and happy motoring.

Sincerely,
Chief Warrant Officer Phil Krolkowski
1st Battalion, 68th Armor Division.



What is the most unsafe driving act you've seen on post?



"Someone pulled out in front of me when there wasn't enough room for them."

Melanie Furlong
Civilian employee



"People trying to beat the stop lights."

Sgt. Michael Johnson
Company C
52nd Engineer Battalion



"Unmarked intersections where people don't yield and speeding."

Pvt. Joseph Ottinger
3rd Brigade Combat Team



"People talking on cell phones while driving."

Spc. Johnny Paxton
Troop A
3rd Armored Cavalry Regiment

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

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News



Photo by Sgt. Jon Wiley

Capt. David Rozelle, an amputee who commands the Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, gives snowboarding pointers to junior amputees before the bike ride Friday.

Amputees

From Page 1

miles a day since starting their journey in San Francisco June 2 and will continue until they reach New York City Aug. 6. Along the way, there are 24 scheduled stops at health clinics. In Colorado Springs, they stopped at HealthSouth Rehabilitation Hospital.

Mayor Lionel Rivera came to the hospital during their stop and declared June 18, 2004, Amputees Across America Day.

"These amputees are providing a tremendous example and inspiration to people with disabilities across America," Rivera said.

After Rivera read a mayoral proclamation, several AAA ambassadors shared their stories.

Linda Holt, a resident of Georgia, was hit by a drunk driver in 1990 while dropping her daughter off at a daycare one morning. Her right ankle was crushed, an injury that eventually led to her foot being amputated in 2002.

She said biking across America "is something I really need to do, not just for myself, but also to turn a very negative event in my life into something positive by spreading a message of hope and encouragement, not just to disabled-body people, but to able-bodied people.

"I never expected something like this to happen

to me, but you never know. You could have a terrible accident going home today, but the message is if something does happen, you lose a limb, it doesn't mean your life is over," she said.

After the AAA ambassadors spoke, Rozelle told the audience about his injury and recovery.

"When I laid in the hospital, I set goals for myself. That's probably the most critical thing to remember," he said.

Rozelle was an accomplished skier before the injury, and he wanted to ski by Christmas and snowboard by New Year's Day. He also wanted to be found fit for duty and stay in the Army. All of these he accomplished. He also started sprint triathlon training in February, plans to train and compete in several sprint triathlons in the future and resume his mountain climbing hobby. Eventually, he'd like to qualify as a member of the U.S. para-Olympic team.

"If I can do this, I can do anything." These words have become Rozelle's mantra. Like Sapere, he wants amputees to know they can get on with their lives. He's currently organizing an amputee support group at Fort Carson which will connect Soldiers with prosthetics and get them involved with outdoor sports such as skiing, mountain biking, hiking and river rafting.

Anyone who is interested in participating in or supporting the group can contact him via e-mail at david.m.rozelle@us.army.mil.

Regulation changes spousal support

Certain commanders can release, reduce requirements

by Robert Gwynn

Fort Carson Inspector General's Office

Under the new Army Regulation 608-99, Family Support, Child Custody and Paternity, dated Oct. 29, 2003, brigade- and regimental-level commanders who have Special Court-Martial Convening Authority have new authority to release Soldiers from mandatory spousal support requirements.

Under certain circumstances, paragraph 2-15, AR 608-99 authorizes certain commanders to release Soldiers under their command from the regulatory requirement to provide spousal support when not established by a court order or a written separation agreement. However, the Soldier cannot be relieved of any child support requirements under this provision.

The SPCMA must be satisfied by a preponder-

ance of the evidence that the Soldier should be released from the support requirement as a matter of fundamental fairness. Prior to granting a release, the SPCMA must obtain a written legal opinion that a release is legally sufficient and complies with the requirement of AR 608-99. The SPCMA can either release all or a partial reduction in the amount of monthly support requirement and even give a credit toward the regulatory support requirement. Under the old version of the regulation this was not possible.

Additionally, the battalion commander's authority to release Soldiers from their spousal support requirement has been expanded. Under the old version of the regulation the battalion commander could only release a Soldier from spousal support under the following circumstances: the income of the spouse exceeds the mil-

itary pay of the Soldier, the Soldier has been the victim of substantiated spouse abuse, the spouse is in jail, a court has issued an order outside its jurisdiction or a court order has not provided a financial support provision.

Under the updated version of AR 608-99 a battalion commander can't only release a Soldier for the above circumstances but also if a Soldier has been paying 18 consecutive months of support to the spouse and there is still no divorce, court order or separation agreement. Remember, all these situations only apply to the spouse not the children. As always, a commander must acquire a legal opinion before releasing a Soldier from support payments under any circumstances.

For more information, call Robert Gwynn at the Fort Carson Inspector Generals Office at 526-9483.

Military

New dining facility honors Soldier

by Pfc. Stephen Kretsinger
Mountaineer staff

A ribbon-cutting ceremony was held for the dedication of the new 43rd Area Support Group dining facility Monday.

The dining facility was dedicated to the memory of Spc. James R. Wolf, who was killed in action while serving in support of Operation Iraqi Freedom. The plan to dedicate the dining facility to the memory of Wolf began with Col. Sharon R. Duffy, group commander, 43rd ASG. A memorandum was approved by Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, after being approved by Staff Judge Advocate and the installation historian.

Duffy was one of the guest speakers at that ceremony as was Col. Purl K. Keen, assistant division commander (mobilized), 7th ID; Lt. Col. Michael J. Teague, battalion commander, 52nd Combat Engineers, 43rd ASG; and Wolf's parents, Robert and Christine Wolf.

Teague and the Wolfs unveiled a plaque of dedication and Duffy, Keen, Teague and the Wolfs cut the ribbon for the official opening of the dining facility.

Wolf was born in Washington and grew up in Nebraska. He entered military service in June 2000. He trained as a technical engineer specialist, and served with the 23rd ASG in Korea before coming to Fort Carson. Wolf was assigned to the 52nd Engineer Battalion where he served as a technical engineer specialist in the Soils, Survey and Design Section of Headquarters Support Company.

In March 2003 he deployed to Southwest Asia with Company A in support of OIF and served as part of the 52nd Engineers attached to 101st Airborne (Air Assault) in Mosul, Iraq.

Wolf was killed in action Nov. 6, about 25 kilometers east of Mosul.

"For all of us that were blessed



Photo by Pfc. Stephen Kretsinger

From left, Lt. Col. Michael J. Teague, battalion commander, 52nd Combat Engineers, 43rd Area Support Group; Col. Purl K. Keen, assistant division commander (mobilized), 7th Infantry Division; Robert Wolf; Christine Wolf and Col. Sharon R. Duffy, group commander, 43rd ASG; cut the ribbon at a ribbon-cutting and dedication ceremony for The James R. Wolf Dining Facility.

See DFAC, Page 8

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum re-enlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that re-enlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Re-enlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were eligible, please see your local career counselor:

3rd ACR — 526-3417.

3rd BCT — 526-4549.

43rd ASG — 526-9366.

Division troops — 526-3983.

Officer Candidate School Board

— The Officer Candidate School board scheduled for Aug. 5 and 6 has been canceled. There is another board scheduled for December, but exact dates have not been set yet. For more information, call Spc. Samantha Lamping at 526-1906.

Warrant officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call (502) 626-0484.



BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP

policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you end of time in service? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)
James R. Wolf Dining Facility

Weekday Meal Hours

Breakfast 5:30 to 9 a.m.
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
7 to 9 a.m. (Wolf Dining Facility)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
5 to 7 p.m. (Wolf Dining Facility)

June 25 to July 1

Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

Greenback

Securing your financial future

by 1st Lt. Renny Rodriguez
4th Finance Battalion

Today, we are faced with so much temptation to spend money. It is a good idea to start a financial self-assessment. Your self-assessment should then guide your major decisions. Remember, the responsible goal is a lifetime of financial security.

Too much car

Almost half of the new cars on the road today are worth less than their owners owe the bank for them. This is called being "upside down." What it means is that if you try to trade in or sell the car before you pay it off, you will lose a lot of money.

If you are thinking about a long-term loan (more than five years) you had better plan on paying the car completely. Because of the length of the loan, the vehicle is losing value with age at a faster rate than you can cover with the smaller payments. When you try to trade or sell it early, you will not be caught up, and the extra money needed to pay off the old loan will have to be added to the new loan. You will then be upside down on the new car before you drive it home.

The best cure for this dangerous cycle is pre-

vention:

- Don't trade in a car until you've paid it off.
- Don't buy a car you can't pay off in four or five years.
- Plan on driving each car for seven to 10 years.

Emergency cash

Almost one-half of Americans could not come up with \$1,000 in cash in an emergency situation. These "paycheck-to-paycheck" families are incredibly vulnerable to a lost job, a car breakdown or any unexpectedly large bill.

Many of these households use their credit cards as a substitute for an emergency fund, but that works only until they've maxed out their cards or fallen behind on their payments. Then credit card issuers increase their interest rates and charge penalties, making the balances even harder to pay off. Some even lower credit limits, increasing the odds that customers will rack up over-limit fees.

These days, it only takes one late payment or maxed out card to wind up with higher interest rates on all your cards. That's because issuers scan their customers' credit reports, looking for evidence of financial trouble. A high balance or

delinquency on one card is enough to induce the other credit card issuers to boost their rates.

Start building an emergency fund now, at a comfortable pace. Set up an allotment or automatic transfer to a savings account. Deposit any bonuses or tax refunds into the account until the balance reaches \$1,000. Try to do this while continuing to pay off any credit card debt. Once you have reached \$1,000, you should stop contributing and use this money to speed up the paying off of any other debt such as car loans and credit cards by increasing your monthly payment beyond the minimum.

Starting a family

When deciding whether or not to have children, you should consider the increase in expenses you will face. Married couples with children are more than twice as likely to file for bankruptcy as their childless counterparts.

The U.S. Department of Agriculture estimated that a child born in 2002 would cost the following to raise to age 18:

- \$127,080 for two-parent families with incomes under \$39,700

DFAC

From Page 5

to know him, this dining facility will always remind us of a smiling Wolf," said Teague. "So proud to be in the Army, a friend and comrade to all of us, we think of him every day — Many of our Soldiers wear his name on bracelets and the HSC softball team has his initials on their uniforms. But this building will stand as a testament to his service and will remind those who come after us about a small piece of our Army's history."

The James R. Wolf Dining Facility will primarily serve the 43rd ASG and Department of the Army civilian workers, but is expected to be utilized by all units around the area, said Warrant Officer Joseph A. Wisniewski, food advisor, Headquarters and Headquarters Company, 43rd ASG.

The dining facility has a 360-person seating capacity and is capa-

ble of feeding 1,200 people per meal period.

The kitchen is furnished with state-of-the-art equipment, said Wisniewski. The kitchen has a pizza-making area, combination ovens for making fresh bread, a blast chiller to chill leftovers to proper temperatures quicker than older dining facilities, an induction cooker for live cookery to order, such as stir fry, and much more.

The dining facility will also have a grab and go area for easy take out, a theme area with rotisserie oven, a separate pastry area away from the main line and more bar area to provide space for more specialty bars such as taco or potato bars.

The James R. Wolf Dining Facility is open for all three meals of the day. Its hours Monday through Friday are 7 to 9 a.m., 11:30 a.m. to 1 p.m. and 5 to 7 p.m. On weekends, the dining facility is open 8 to 9:30 a.m., 11:30 a.m. to 1 p.m. and 3:30 to 5 p.m.

Greenback

From Page 7

- \$173,880 for similar families with income of \$39,700 to \$66,900
- \$254,400 for families with incomes over \$66,900.

These amounts, which were in 2002 dollars, did not include paying for four years of college, which would add \$40,000 to \$120,000. You can use calculators like the one at Babycenter.com to estimate how much you're likely to spend on your child.

Too much house

Rising real estate prices and more user-friendly loans are tempting people to take bigger and bigger mortgages. But the fact that foreclosures and payment delinquencies are at or near record highs is showing that we are biting off more than we can chew.

It is true that a home is an excellent investment, but don't get

carried away. More expensive houses come with other unexpected expenses such as:

- Higher property taxes.
- Larger insurance premiums.
- Bigger utility bills.
- More maintenance costs.

Your monthly mortgage bill. (including taxes and insurance) should not consume more than 25 percent of your family's before-tax income. Most lenders will allow you to borrow 31 to 33 percent, but the bigger the mortgage bite; the more likely you are to run into trouble.

People will tell you the interest that you pay on a mortgage is tax deductible, so your mortgage is actually 15 to 35 percent (25 percent for most of us) lower when end of year taxes are figured. This is true, but those savings are not really seen until the end of the year in your return, bottom line: you still have to make the full payment each month.

10th CSH changes leadership

Doyle takes command from Powell Tuesday

by Sgt. Chris Smith
Mountaineer Staff

The 10th Combat Support Hospital changed command of its leadership Tuesday morning on Manhart Field.

Col. John Powell relinquished control to Col. Dennis Doyle in a passing of the guidon through Col. Sharon Duffy, 43rd Area Support Group commander.

Powell is leaving command since he took over in June 2002. Powell's replacement, Doyle, came to Fort Carson from Fort Bragg, N.C.

"It's hard to believe two years have gone by, a part of me wishes this day wasn't here," said Powell in his farewell speech.

"I'm particularly grateful to the Soldiers," said Powell while becoming slightly choked up. "There's not one of them I did not send out with pride to units (while in Kuwait and Iraq)."

Powell was in command while the 10th CSH was in Kuwait and

Iraq during Operation Iraqi Freedom.

"I'm looking forward to continuing," said Doyle. "It will be my

pleasure to follow such a commander. I pledge to give my best effort to you and expect the same in return."

Duffy spoke of Doyle's vast experience as being a reason he was perfect to take command. Doyle is a qualified clinical psychologist.



Col. Dennis Doyle, took command of 10th Combat Support Hospital Tuesday at Manhart Field.



Soldiers pass in front of the reviewing stand at the conclusion of Tuesday's change of command ceremony at Manhart Field

Photos by Sgt. Chris Smith

Community

Get rid of summer pests safely

by Directorate of Environmental Compliance and Management

Buzzing flies, biting mosquitoes, busy armies of ants and bushy weeds are coming out for summer. Most of these pests (insect and plant) are harmless, but bothersome enough to disrupt homes and the condition of lawns.

A common reaction to the arrival of these unwelcome visitors includes buying every pesticide and herbicide product on the market. As a second thought though, consumers can consider alternative, environmentally friendly ways to take care of nature's nuisances. Most of the tips are either simple ways to prevent pests and weeds and some methods use harmless, nontoxic household products.

Mosquitoes

Screens on windows and storm doors help keep out mosquitoes. Use colored "bug lights," which have a tendency to not attract adult mosquitoes and other pests. Remove containers with standing water, which easily become breeding sites (for example, baby pools, bird baths, tires, pots, etc.). Mowing lawns to three inches in height prevents areas where mosquitoes can harbor and also has the added benefit of conserving on lawn watering needs. Repair loose or torn door and window screens to prevent mosquitoes from entering your house.

Other mosquito prevention measures include personal protection, which is critical since Colorado has had West Nile virus for three years.

- Minimize exposed skin surfaces by wearing a hat or head net, long trousers, long-sleeved shirts

and light colored clothing. Dark colors tend to attract mosquitoes. Some mosquitoes will bite through lightweight clothing, but the number of bites received is definitely reduced if most areas of the body are covered. Avoid wearing perfume or cologne when outdoors, which can also attract mosquitoes.

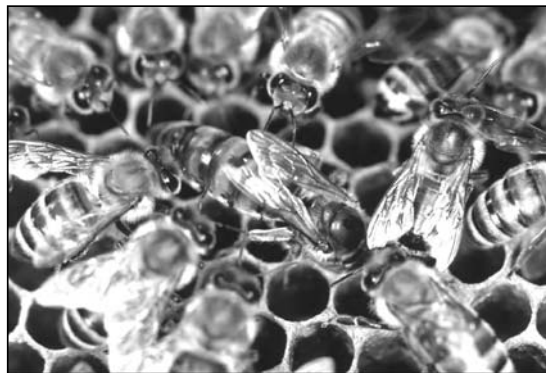
- Avoid being out-of-doors at dawn and dusk when mosquito activity is at its highest.

- For people who want additional protection, insect repellents with DEET are recommended. Be careful applying repellent to children under 12 years old. For young children, only apply repellent that contains 10 percent or less DEET. Avoid spraying or applying DEET to their hands and mouth area.

Ants

Seal cracks and crevices and remove any moisture. Spilled food items (including pet food and trash) should be cleaned up immediately. Keep food not being used in containers with tight-fitting lids.

Homemade ant remedy: A half-and-half mixture of white vinegar and water is effective in controlling ants. Spray outdoor areas to prevent ants coming into the home.



Bees and wasps

Keep screens on windows and doors, remove small wasp nests; and have bee swarms removed by a beekeeper to keep bees and wasps at bay.

Mice

Eliminate openings to the buildings that are greater than 1/4-inch. Snap traps and sticky glue boards may be used to capture mice if an infestation is found. Use good sanitation habits to reduce food and water for mice. Clean up spilled food products immediately or at least daily. Remove bags, boxes

Community Briefs

Miscellaneous Moms In Motion

This is a low impact exercise program for pregnant and post-partum moms. Every Tuesday and Thursday 9 to 10 a.m. at Garcia Physical Fitness Center. To register, call 526-7030

4th Finance Battalion Change of Command

— The 4th Finance Battalion will hold a change of command ceremony Monday at 9 a.m. at Manhart Field. The ceremony will be held in the Special Events Center if the weather is inclement. Those wishing to attend should RSVP via e-mail at davina.thomas@carson.army.mil or call 526-3443.

The 4th Finance Battalion will be closed Monday morning during the ceremony and will reopen at 1 p.m. and remain open until 4 p.m.

ACAP limited office hours — The Army Career and Alumni Center will be open for limited service June today for remodeling. In case of emergency, please contact the contract installation manager, William Barnson, in building 1118, room 133, at 526-1002.

Housing needs you — Housing needs Soldiers to update their information for on-post housing. Housing units constantly become available but Housing has been unable to reach some Soldiers. To update information visit building 7301 Woodfill Rd, the In/Out Processing Building Monday through Wednesday and Fridays at 7:30 a.m. to 3:45 p.m. and Thursdays 9 a.m. to 3:45 p.m. or call 526-2323.

Thrift Shop sale — the Fort Carson Thrift Shop will be having a 10 cent sale Wednesday from 10 a.m. to 1 p.m. All TSP items (excluding furniture) will be available for purchase.

Roof repairs — Chapman Roofing has begun roof repairs and replacements as needed on all homes that suffered wind damage. This will be ongoing for several weeks. Specific dates for each home can't be targeted as the workload varies.

Camp and sports physicals — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age.

Peds Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed

after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis
- Call 264-5000 to make an appointment for a physical.

Health and Safety Office closing — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

If you are a military unit or family member interested in a community CPR/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 South 8th Street.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354 from 2 to 4 p.m. Upcoming classes are June 19, July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.carson.army.mil, click on links.


Yard Sale — The annual Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-



**Army Community Service
Family Readiness Center**
719-526-4590

Army Community Service

VOLUNTEER CEREMONY & BIRTHDAY

Celebrating
39 years
of
EDUCATION OPPORTUNITY
DISCOVERY
25 July 1965-25 July 2004

Wednesday,

21 July, 2 P.M.-4 P.M.

Elkhorn Catering & Conference Center

Recognizing ACS partners and volunteers.
Light refreshments will be provided.
please RSVP NLT 10 July

► Limited childcare, please book your reservation early. Call 524-0151 ◀

1082 or 526-1049.

Enhanced 911 Survey — The Directorate of Information Management is conducting a building-by-building telephone survey in support of the E-911 implementation. The Fort Carson E-911 system will use government administrative telephones, identified by prefixes 524 and 526, to provide emergency response coordinated through the fire department.

Several survey teams will visit buildings to verify telephone numbers, unit identification, room, floor, building and address. Team members will be wearing hats and vests identifying them as 911 survey team members. Facility managers and telephone control officers will be contacted for assistance in this survey process.

For information on E-911 service on non-government telephones, contact the service provider (i.e. Sprint, Qwest, Nextel).

Summer pest

From Page 11

and other potential areas mice can nest from food storage areas. Keep food in closed containers.

Birds

Keep unscreened windows or other openings closed when not in use. Birds can be discouraged from nesting where they cannot be tolerated such as near windows and doors. Birds tend to use the same nesting areas year after year. Using screening or nets to prevent nesting is encouraged since nest removal may result in the accidental removal of bird eggs, which can violate federal law.

Vegetation pest control

Even though many weeds found in the housing areas, cantonment area and down range look like exotic flowers, they are predators among native plant

life and compete for water, nutrients and sun. Here are a few effective, natural weed control methods:

Mowing and hand pulling: Mowing grass to maintain a uniform height controls some broadleaf weeds by preventing flower and seed formation. Some weeds, have the ability to adapt to mowing by flowering just above the surface of the ground and below the height of most commercial mowers.

Maintaining healthy turf grass also helps control weeds. Proper fertilization and watering of grassy areas promotes healthy turf grass that can fend off weed growth.

"Green" pesticide products: There are a variety of products that are nontoxic, yet effective in the treatment of weeds and vegetation pests; some are soap based. To find these nonchemical controls for weeds and pests, check local plant nurseries and hardware stores; or try one of these homemade control recipes:

Insect control recipe

The following is a recipe to rid plants of

"unwelcome guests" such as aphids, slugs, cut worms, etc.: Place one package of chewing tobacco in a one-gallon glass jar, fill it with water and let it stand for three to four days. Set the jar in an area where sun will heat the mixture. The water will turn a muddy-brown color. In a one quart spray bottle pour a capful of dishwashing detergent, one cup of the tobacco mixture and fill the rest of the bottle with water. Spray on plants infested with insects or on the ground where they are seen. Mist the area to be treated with water prior to application.

Weed control recipe

A general purpose, homemade weed remedy involves items common kitchen items. Mix together one gallon water, one quart vinegar and one pound salt. Use mixture in a spray bottle and spray only onto undesirable weeds since it is harmful to all plant life.

2004 post water quality consumer confidence report

Fort Carson is a consecutive system from Colorado Springs Utilities.

Fort Carson water comes from the Colorado Springs water system and is currently provided from the Fountain Valley Authority. Colorado Springs does the major portion of the compliance monitoring for

this drinking water and the Colorado Springs Utilities monitoring information is included with this report. Fort Carson does 360 analyses per year (30 per month) for total coliform bacteria, 12 analyses per year (three per quarter) for total trihalomethanes, and 30 analyses per year for lead and copper in the distri-

bution system. The data is summarized below:

The table below shows the results of Fort Carson's monitoring for the period of Jan. 1 to Dec. 31, 2003, unless otherwise noted:

Editor's note: Information provided by Colorado Springs Utilities and Fort Carson.

Microbiological Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Total Coliform Bacteria	System collects>40 samples: 5 % of monthly samples are positive System collects<40 samples: 1 positive monthly sample	0	Absent or Present	Absent	No	Various Jan. 1 to Dec. 31, 2003, unless otherwise noted	Naturally present in the environment

Lead and Copper

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Copper	1.3	1.3	ppm	2.6 (.02-2.6)	No	October 2003	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead	15	0	ppb	9.3 (.5-9.3)	No	October 2003	Corrosion of household plumbing systems, erosion of natural deposits

Unregulated Organic Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Bromodichloromethane	N/A	N/A	ppb	19.5 (15.0-19.5)	N/A	April/June/Sept./Nov. 2003	By-product of drinking water chlorination
Chlorodibromomethane	N/A	N/A	ppb	11.0 (4.25-11.0)	N/A	April/June/Sept./Nov. 2003	By-product of drinking water chlorination
Chloroform	N/A	N/A	ppb	61.8 (26.0-61.8) (26.0-61.8)	N/A	April/June/Sept./Nov. 2003	By-product of drinking water chlorination

Volatile Organic Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Haloacetic Acids 5 (HAA5)	60	N/A	ppb	42.0 (0.5-42.0)	No	April/June/Sept./Nov. 2003	By-product of drinking water disinfection
Total Trihalomethanes	80	N/A	ppb	87.5 (53.9-87.5)	No	April/June/Sept./Nov. 2003	By-product of drinking water disinfection

Chart

From Page 13

This table shows the combined results of monitoring for all seven plants for the period of January 1 through December 31, 2003, Unless Otherwise Noted.

Microbiological Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Total Organic Carbon	TT	N/A	N/A	N/A	No	Running Annual Average	Naturally present in the environment
The Disinfectants and Disinfection Byproducts Rule provides several alternative compliance criteria besides the TOC removal ratios. We did not report TOC removal ratios because we met an alternative compliance criteria. The alternative compliance criteria that we use is §141.135 (a)(2)(ii). Our treated water TOC levels are <2.0 ppm calculated quarterly as a running annual average.							
Turbidity	TT=1 NTU	N/A	NTU	1	No	Jan. to Dec. 2003	Soil runoff
Lowest Monthly Percent of readings above the limits	TT=95 % of samples <0.3 NTU			100 %			
Turbidity is a measure of the cloudiness of the water. We monitor turbidity because it is a good indicator of the effectiveness of our filtration system.)							

Radionuclides

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Beta/photon emitters	Trigger level=50	0	PCi/L	4.44 (ND-4.44)	No	September 2001 and May 2003	Decay of natural and man-made deposits

Inorganic Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Arsenic	10*	0*	Ppb	4.0(ND-4.0) (ND-4.0)	No	June to August 2003	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes
*Effective January 23, 2006. Unit then the MCL is 0.05mg/L (50 ppb) and there is no MCLG.							
Barium	2	2	ppm	0.0867 (0.0095-0.0867)	No	July to August 2003	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Chromium	100	100	ppb	1.3 (ND-1.3)	No	July and August 2003	Discharge from steel and pulp mills; erosion of natural deposits

Fort Carson water quality report

Courtesy Directorate of Environmental Compliance and Management

The report is designed to inform customers about the quality of water and services delivered to them every day. Colorado Springs Utilities is committed to providing customers with a superior and reliable supply of high quality water. The drinking water continually meets or surpasses state and federal standards for drinking water.

Vulnerable populations warning

Some people may be more vulnerable to contaminants in drinking water than the public in general. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV, AIDS or other immune system disorders, some elderly people and infants can be particularly at risk of infections. These people should seek advice about drinking water from their health-care providers. For more information about contaminants and potential health effects, or to receive a copy of the U.S. Environmental Protection Agency and the U.S. Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and microbiological contaminants, call the EPA Safe Drinking Water Hotline at (800) 426-4791, or visit www.epa.gov/safewater/.

Where does Colorado Springs water come from? Colorado Springs Utilities customers receive water blended from multiple sources; surface water, ground water, and purchased water. The water source may vary during the year. With no major source of water nearby, Colorado Springs Utilities relies on a raw water collection system that delivers water to Colorado Springs from nearly 200 miles away.

The headwaters, or sources, that supply these systems originate in wilderness areas near Aspen, Leadville and Breckenridge. Nearly 75 percent of our water originates from many mountain streams (surface water). Water from these streams is collected and stored in various reservoirs along the Continental Divide. The collection systems in this area consist of the Homestake, Fryingpan-Arkansas, Twin Lakes and Blue River systems. The majority of this water is transferred to Colorado Springs through pipelines that help to protect the water from contamination, such as, herbicides, pesticides, heavy metals and other chemicals. Water delivered to Colorado Springs is stored at Rampart Reservoir and at the Catamount reservoirs on Pikes Peak, which then supply the water treatment plants.

Colorado Springs Utilities also uses local surface and ground water sources. Local surface waters are from the north and south slopes of Pikes Peak, North and South Cheyenne Creeks, Fountain Creek, Monument Creek/Pikeview Reservoir and the Northfield Watershed. Local ground water sources are three Woodmen wells (900 to 975 feet deep) pumped from the Arapahoe aquifer and four Pinello Wells (46 to 52 feet deep) pumped from the Widefield aquifer.

Colorado Springs Utilities purchases treated surface water from the Fountain Valley Authority (PWSID # CO0121300). The Fountain Valley Authority receives water from the Fryingpan-Arkansas Project. The Fryingpan-Arkansas Project is a system of pipes and tunnels that collects water in the Hunter-Fryingpan Wilderness Area near Aspen. Waters collected from the system are diverted to the Arkansas River, near Buena Vista, and then flow some 150 miles downstream to Pueblo Reservoir. From Pueblo Reservoir, the water travels through a pipeline to the water treatment plant.

The sources of drinking water (both tap water

and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include: Microbial contaminants, such as viruses and bacteria, may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife. Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming. Pesticides and herbicides may come from a variety of sources, such as agriculture, urban stormwater runoff and residential uses. Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, may come from gas stations, urban stormwater runoff and septic systems. Radioactive contaminants that can be naturally occurring or be the result of oil and gas production and mining activities.

The Colorado Source Water Assessment and Protection program is a preventative approach to protecting public drinking water supplies. Source water assessment has four key components; public participation, delineation of source water protection areas, inventory of potential sources of contamination and rating the susceptibility of the source water to contamination. Source water assessments for Colorado were completed in 2003, and the Colorado Department of Public Health and Environment is in the final stages of preparing this information for release.

Spring Utilities has been involved in the Source Water Assessment and Protection program by collecting the necessary information to delineate all surface and groundwater drinking supplies, as well as, inventorying potential sources of contamination within these areas. For updated information or to view the Colorado Source Water Assessment and Protection program plan, visit the CDPHE Web site at www.cdphe.state.co.us/wq/sw/swapom.html or call (303) 692-3500.

To learn more about source water quality and watershed protection, visit the following United States Geological Survey and Environmental Protection Agency Web sites:
<http://co.water.usgs.gov> and
www.epa.gov/owow/watershed/.

What is in Colorado Springs water?

In order to ensure that tap water is safe to drink, EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems. The U.S. Food and Drug Administration regulations establish limits for contaminants in bottled water that must provide the same protection for public health. The table contains many terms and abbreviations that may be unfamiliar. To help better understand these terms, the following definitions are provided:

AL — Action Level: The concentration of a contaminant, if exceeded, triggers treatment or other requirements a water system must follow.

MCL — Maximum Contaminant Level: The "maximum allowed" is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

MCLG — Maximum Contaminant Level Goal: The "goal" is the level of a contaminant in drinking water, below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

MRDL — Maximum Residual Disinfectant Level: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of

microbial contaminants.

MRDLG — Maximum Residual Disinfectant Level Goal: The level of a drinking water disinfectant, below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

N/A — Not Applicable

NTU — Nephelometric Turbidity Unit:

Nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of five NTUs is just noticeable to the average person.

ND — Non-Detects or BDL — Below

Detection Level: Laboratory analysis indicates that the constituent is not present. ("<" Symbol for less than, the same as ND or BDL).

Ug/L — Parts per billion ppb or Micrograms per liter: One part per billion corresponds to one minute in 2,000 years or one penny in 10,000,000. Parts per million (ppm) or Milligrams per liter (mg/L): One part per million corresponds to one minute in two years or one penny in \$10,000.

pCi/L — PicoCuries per Liter: A measure of radioactivity in water.

TT — Treatment Technique: A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.

Waiver: State permission not to test for a specific contaminant. The state has issued Springs Utilities waivers for asbestos, cyanide, dioxin, glyphosate, nitrite, and all unregulated inorganic contaminants.

Additional information about nitrate

Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If a person is caring for an infant, and detected nitrate levels are above 5 ppm, ask advice from a health care provider.

Additional information about radon

In 2003, the Pinello Wells' radon levels were 420 to 830 pCi/L. The Woodmen Wells also contain radon, but it has not been tested since the new plant, which has aeration for radon removal, went in service in July 2003. Radon is a radioactive gas that you cannot see, taste or smell. It is found in the soil throughout the United States. Radon can move up through the ground and into a home through cracks and holes in the foundation. Radon can reach high levels in all types of homes. Radon can also be released from tap water from showering, washing dishes and other household activities. Compared to radon entering the home through the soil, radon entering the home through tap water will be, in most cases, a small source of radon in the indoor air.

Radon is a known human carcinogen. Breathing air that contains radon can lead to lung cancer. Drinking water that contains radon may also cause increased risk of stomach cancer. If you are concerned about radon in your home, test the air in your home. Testing is inexpensive and easy. Fix the home if the level of radon in the air is four picocuries per liter of air (pCi/L) or higher. There are simple ways to fix a radon problem that are relatively inexpensive. For additional information, call the state radon program at (303) 692-3030 or call the EPA Radon Hotline (800) SOS-RADON or visit www.epa.gov/iaq/radon/.

The state requires Colorado Springs Utilities to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. Some of the data, though representative, may be more than one year old. The table below lists the regulated and unregulated contaminants that were found.

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Fluoride	4	4	ppm	1.76 (0.14-1.76)	No	May, July and August 2003	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Nitrate	10	10	ppm	6.62 (ND-6.62)	No	January, April, May, July, August and October 2003	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium	50	50	ppb	2.9 (ND-2.9)	No	May, July and August 2003	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines

Unregulated Inorganic Contaminants

Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Sodium	N/A	N/A	ppm	44.7 (6.3-44.7)	N/A	June, July and August 2003	Erosion of natural deposits
Sulfate	N/A	N/A	ppm	102 (7.0-102)	N/A	July 2000	Erosion of natural deposits

Report

From Page 14

Cryptosporidium is a microbial pathogen found in surface water throughout the United States. Although filtration removes Cryptosporidium, the most commonly used filtration methods cannot guarantee 100 percent removal. Colorado Springs Utilities monitoring indicates the presence of these organisms in source water that goes into the water treatment plant; however, no organisms were detected in the drinking water from the water treatment plant. Current test methods do not allow determining if the organisms are dead or if they are capable of causing disease. Ingestion of Cryptosporidium may cause cryptosporidiosis, an abdominal infection. Symptoms of infection include nausea, diarrhea and abdominal cramps. Most healthy individuals can overcome the disease within a few weeks. However, immuno-compromised people are at greater risk of developing life-threatening illness. It is encouraged that immuno-compromised individuals

consult their doctor regarding appropriate precautions to take to avoid infection. Cryptosporidium must be ingested to cause disease, and it may be spread through means other than drinking water. For more information on Cryptosporidium visit www.epa.gov/ogwdw000/crypto.html.

Reporting requirements not met

During 2003, Colorado Springs Utilities received one minor violation. Colorado Springs Utilities is required to monitor drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not the drinking water meets health standards. The water system failed to submit a report on time during the past year. Even though this is not an emergency, customers have a right to know what happened and what Colorado Springs Utilities did to correct this situation.

What should people do?

There is nothing needed at this time. The 2003 third quarter Maximum Residual Disinfection Level report for chlorine was submitted late to the

Colorado Department of Public Health and Environment. During the third quarter, free chlorine residuals were monitored in the distribution system as required. Colorado Springs Utilities was required to take 540 samples during the quarter and took 965 samples during the quarter. The chlorine levels were all within an acceptable range (0.10 to 1.1 mg/L).

What happened? What is being done?

The report was due Oct. 10, but it was not sent until Oct. 28. Colorado Springs Utilities recognizes the importance of the report being received at the Colorado Department of Public Health and Environment by the Oct. 10 and has made the appropriate corrective actions, which include training of staff and improvements in reporting procedure. For more information, please contact Colorado Springs Utilities at 448-4800 or at 111 S. Cascade Ave., Colorado Springs, CO 80903 or at askus@csu.org.

For more Water Quality information or questions about this report, call Laboratory Services at 668-4560. Visit our Web site at www.csu.org.

Season of change

Units around post kick off summer with changes of command



Photo by Pfc. Stephen Kretzinger

From left, Lt. Col. Evelyn M. Torres, incoming commander, 68th Corps Support Battalion; Lt. Col. John E. Collie, outgoing commander, 68th CSB; Maj. Robert Caviness, executive officer, 68th CSB; Col. Sharon R. Duffy, group commander, 43rd Area Support Group, review the Soldiers of the 68th CSB during its change of command ceremony Wednesday. The ceremony featured the Fort Carson Mounted Color Guard and the 67th Army Band from Wyoming.



Photo by Sgt. 1st Class Gary Qualls

From front: Maj. Aaron Geduldig, Col. David A. Teeple and Lt. Col. Richard B. O'Connor move out to inspect the troops in Cavalry fashion at the Regimental Support Squadron, 3rd Armored Cavalry Regiment, change of command ceremony June 15. Support Squadron provided support and supplies to more than 8,000 Soldiers in the largest province in Iraq during Operation Iraqi Freedom.



Photo by Pfc. Stephen Kretzinger

Lt. Col. Douglas Pavic, incoming commander, 4th Squadron, 3rd Armored Cavalry Regiment, receives the unit colors from Col. David Teeple, commander 3rd ACR, during a change of command ceremony June 17.



Photo by Clint Stein

The 478th Personnel Services Battalion performs a pass in review June 16 during a demobilization ceremony. The 478th PSB was mobilized at Fort Carson in Feb., 2003. For the past 17 months the 478th PSB has performed duties such as administrative, supply and Soldier Readiness Processing.



Photo by Sgt. Jon Wiley

Lt. Col. Jeffrey E. Vuono, incoming commander of the 3rd Battalion, 29th Field Artillery, takes the unit colors from Lt. Col. Jeffrey A. Springman, outgoing commander, during a change of command ceremony on Manhart Field Monday.



Photo by Spc. Zach Mott

Lt. Col. Robert E. Price, 3rd Squadron, 3rd Armored Cavalry Regiment commander, sheathes the command sabre as 3rd Sqdn., 3rd ACR Command Sgt. Maj. Frederick L. Thompson holds the scabbard. Price received the sabre from outgoing commander Lt. Col. Henry A. Kievenaar Tuesday. Price's last assignment was with U.S. Northern Command at Peterson Air Force Base. Kievenaar departs Fort Carson to serve as 4th Infantry Division G-3 at Fort Hood, Texas.

Chapel

Fort Carson Vacation Bible School — Lava Lava Island flowed with God's love. More than 280 children and hardworking volunteers shared in the joy of the 2004 Vacation Bible School at Soldiers' Memorial Chapel, June 14 to 18. Each morning was filled with music, games, crafts and lessons about Jesus. The Sing and Play Bay (also known as the chapel sanctuary) contained a smoking, flashing volcano created by the "light and magic" of Chap. (Maj.) Duane Kincaid.

Protestant Adult Sunday School Classes — are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, 1500 (Next to the Post Exchange).

Native American Services — The He Ska Akicita Inipi is located on Fort Carson. All native and nonnative people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for information and directions.

Chapel Schedule					
ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues, Wed, Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		Family Unity	Building 1161	Melissa Dalugudg/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-5718

Native American Sweat lodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 23 & 1 Samuel 10-12
Saturday — Psalms 24 & 1 Samuel 13-15
Sunday — Psalms 25 & 1 Samuel 16-18
Monday — Psalms 26 & 1 Samuel 19-21
Tuesday — Psalms 27 & 1 Samuel 22-24
Wednesday — Isaiah 12:1-6 & 1 Samuel 25-27
Thursday — Deut. 32:1-4 & 1 Samuel 28-30

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

You are invited to join the chaplain community and pray for these individuals and organizations.
 Pray this week for the following:
 Unit: For the soldiers and leaders of the 1st Armored Division, located in Wiesbaden, forward deployed in support of Operation Iraqi Freedom.

Army: For all Soldiers, non-commissioned officers and officers of the Medical Specialist Corps and their mission in occupational therapy, physical therapy, as dieticians, and physician assistants.

State: For the soldiers and families from the State of Pennsylvania. Pray also for Gov. Edward Rendell, the state legislators and municipal officials of The Keystone State.

Nation: For the rich heritage and freedoms of our great nation on Independence Day. Pray for our leaders as they work to further democracy with other nations of the world.

Religious: For all soldiers and families from The Progressive National Baptist Convention. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com.

Chaplain's Corner

Weddings — spiritual connection to God

**Commentary by Chap. (Capt.) Noel Johnson
Assistant Garrison Support Unit Chaplain**

June is here and love is in the air. I was sharing some of my interesting wedding anecdotes with another chaplain who suggested I should write a book. I think it is one of those things where the truth can get so bizarre that people would find the stories too incredible to believe.

There is a television special that portrays upcoming nuptial planning of a couple and their family which gets out of control. It is certainly scary to think of planning a wedding if you have a tight budget or a dysfunctional family, but I have yet to suggest that a couple elope. Sometimes couples have married out of the country, or there are other extenuating circumstances which warrant an expedient service, but it is never because of the inconvenience, or grudge matches with the family. Here, at least four pre-marriage counseling sessions are required, and for good reason.

If a couple doesn't want to go through the trouble and expense of a wedding, I always ask why. You can put together a military chapel wedding for less than the cost of a license by borrowing or eliminating many of the trappings that drive wedding costs up. And if your family is dysfunctional, all the more reason to exercise the family dynamic to iron out family wrinkles and expose your spouse to the family he or she will be joining.

The exercise of planning a wedding is a good teaching process that lends to maturity and growth. Those conflicts that arise in negotiations

can lead to much needed healing, especially since this is a time when you have close contact with your chaplain.

If it is evident that the couple lacks the maturity to communicate and compromise with the family and each other, that is often an indication they need to do some growing up before they tie the knot.

Wedding-day jitters are understandable, in fact, it always raises a red flag to me if a bride or groom is too calm before the service. I wonder if they understand and acknowledge the importance of what they are about to do. Getting married is an event that affects the primal level of the subconscious.

Having a wedding is a good connecting experience between mind and soul. Standing in front of the assembled company of family and friends and declaring your intent with vows before God helps to get the fact of your commitment rooted in your psyche and that of your spouse. It brings the community around you in support of your vows and provides assistance in getting a good start. For most people, it is a shared experience with which they can identify and teach from their own history. When problems arise, it is helpful to be able to turn to those with successful experiences for advice.

There are numerous biblical references to weddings as a model of what God wants for us in our relationship to him. Regardless of the nation or tribe, every culture has rites and practices in recognition of the spiritual dimension connected



to marriage. You have heard of people who never set foot in a church except for weddings and funerals. There are at least those two times when even the worst curmudgeon concedes a need for God in something transcendent. I caution couples to question a need to disavow that practice.



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Out & About

Jun 25 - July 2, 2004



Open to all our Military and Running Community
Run Start and Finish: Special Events Center-Bldg. 1829

10K Individual (officially timed) and Team Run: 7 am
5K Fun Run / Walk (FREE) bring the stroller, bikes & fido: 7:15 am
Children's Run (FREE): 8 am

Awards presented after the Children's Run
Everyone is invited to enjoy the Brunch at 9 am

Pre Registration at ITR, Bldg. 2429:
10K Individual including t-shirt: \$15.00
10K Individual without t-shirt: \$5.00
10K Team no t-shirt included: \$12.00
(Team consist of 4 people)

Day of Event Registration:
10K Individual including t-shirt: \$17.00
10K Individual without t-shirt: \$7.00
10K Team no t-shirt included: \$14.00
(Team consist of 4 people)

T-Shirt only: \$10.00

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July 4

Iron Horse Park • 4:00 till 10:00

Fireworks start at 9:15 pm

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BASIC WOOD JOINERY

Friday, July 23

3 pm - 6 pm

\$10.00 (pre-register fee)

For info, call 526-0070

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June 27, July 18, August 15

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customized trips & dates available

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Santa's Workshop at the

North Pole

Visit Santa at his workshop this summer

Story and photos
by Nel Lampe
Mountaineer staff

Some people think the north pole is at the top of the globe. But many local children know it's where Santa's Workshop is located — a few miles west of Colorado Springs. Santa's Workshop at North Pole is a Christmas-theme park just off Highway 24 West, near the Pikes Peak Highway entrance.

The amusement park fulfills a child's fantasy: Alpine-style log buildings with steep red roofs and gingerbread trim form a fairy-tale village in a forest. Shops are filled with toys, gifts and Christmas ornaments. Santa's helpers walk through the village while holiday music plays over the sound system.

Santa waits in his house for youngsters to stop in for a visit.

It can feel like Christmas, even in June.

Santa's Workshop at North Pole is a great place to create memories. And from Memorial Day to Labor Day, entrance is \$7.50 for Soldiers who show military identification and their immediate family members.

But Santa's Workshop at North Pole is more than a quaint village; there are dozens of rides to be ridden.

There are geese, ducks, goats, deer and llamas in the park.

The first rides to catch youngsters' attention are the Peppermint Slide and



Santa's Workshop at North Pole has its own post office.

electric cars on a track near the entrance.

Many of the park's rides are older, traditional rides, which are popular with families, such as the Tilt-a-Whirl which has been popular for almost 75 years.

Some of the rides are enjoyed by teenagers, parents and grandparents, but it's clearly a park designed for younger children. After exploring the village, visiting the shops and catching a magic show, Santa's Enchanted Forest awaits.

Many more rides are available there — just keep walking south.

The small Christmas-themed park opened in 1956. It was patterned after a Santa village in New York and was just a year old when the Haggard family took it over and added several rides. More rides were added through the years, such as a Christmas tree ride and an antique Herschell-Spillman carousel with reindeer among the carved horses. Other popular rides are the Teacups, aerial tram and train. There are nearly 30 rides in the 25-acre park, which receives 175,000 visitors each year, many of them local residents. Many family groups in the park are from Texas and Kansas.

The park is open daily. A rainy day can be a blessing in

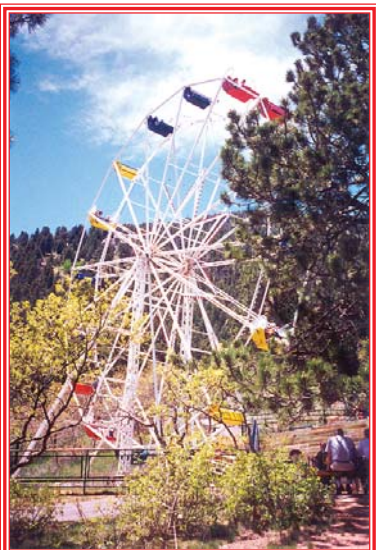


Santa Claus listens to a Christmas wish list in his cozy cabin at North Pole.

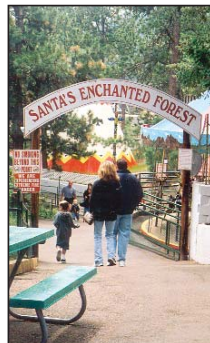
disguise, as rainy-day lines at the rides are very short. Remember that Santa's Workshop at North Pole is at a higher altitude than Colorado Springs and is shaded, so temperatures may be several degrees cooler than Colorado Springs. A sweater or light jacket may be needed, especially on a rainy or cloudy day.

Several Rides in the enchanted forest are for younger children, such as the Ladybug ride, a small Ferris Wheel, a child-size roller coaster, boats and motorcycles. But in the

Happoemins



A Ferris wheel is a favorite ride at Santa's Workshop at the North Pole.



Places to see in the Pikes Peak area.

June 25, 2004

North Pole

From Page 23

upper part of Santa's Enchanted Forest are rides more suitable for older riders, such as the haunted house, the Scrambler, Space Shuttle, Dive Bombers and a large Ferris Wheel.

All rides have safety bars or seat belts. Children must be 48 inches tall for many of the rides or be accompanied by an adult. Some of the rides have a maximum height requirement.

There are paved paths throughout the village. There's a water wheel, a post office, a Candle Shop, a Girls' Shop, a Christmas Shop and a Boys' Shop. Homemade fudge and other candies are sold in the Candy Kitchen. The Magic Show House has a magic show about every hour and a half. There's a chapel, a pond and a frozen "North Pole." Benches are scattered throughout the park.

Santa is in his shirtsleeves in a cozy cabin. Children can have their picture made with Santa and pass on their Christmas list.

Animated figures also entertain, such as Chris Moose, on the Sugar Plum Terrace, and Elmer the Elf.

There's a tepee with Indian gifts and souvenirs and an old-fashioned arcade.

Refreshments are available at Mother Hubbard's Cupboard, Miss Muffett's Snacks and the Carousel Café. Food choices include hamburgers, hot dogs and other sandwiches, curly



Passengers board the C. P. Huntington train at Santa's Workshop at the North Pole.

fries, nachos, hot chocolate, coffee and soft drinks. Ice cream is available at the Carousel Café.

People wanting to bring their own picnic lunch may do so. Lunches from home can be eaten at the picnic tables near the train station, just inside the entrance. Ask at the admissions desk about procedures for bringing the lunch inside the park.

Strollers may be rented at the entrance or visitors may bring their own. The theme park has several steep paths to negotiate.

Entrance fee to Santa's Workshop at North Pole is \$15.95 for everyone from 2 to 59 and includes all shows, rides and attractions. By exception, military members who show military identification pay only \$7.50 for themselves and immediate family members. The military discount is good through Labor Day.

The park is open from 9:30 a.m. to 6 p.m. seven days a week, through Labor Day. The operating hours will be reduced after Labor Day, but the park is open through Christmas Eve.

Arrangements can be made for children's birthday parties to be held in the Rainbow Party Room; call 684-9432.

Shops and snack bars in North Pole, with the exception of the arcade and the souvenir shop at the exit, don't operate on a cash basis. Upon admission each visitor receives a card on which all purchases, including food, are recorded. The card is presented when exiting and the charges are



The Tilt-a-Whirl is one of the favorite and oldest amusement rides in the nation.

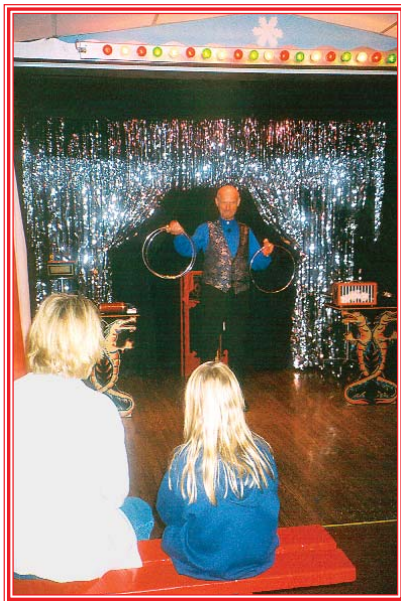
paid at that time. Payment may be made by cash or major credit card or personal check — with adequate identification.

To reach Santa's Workshop at the North Pole, take Cimarron Street/Highway 24 west from Highway 115 or Interstate 25 north. Take Highway 24 west about 10 miles, beyond Manitou Springs. At the small town of Cascade, turn left at the sign for Pikes Peak Highway. A couple of miles up the highway there's a sign for the entrance to Santa's Workshop, before reaching the toll booth for Pikes Peak Highway.

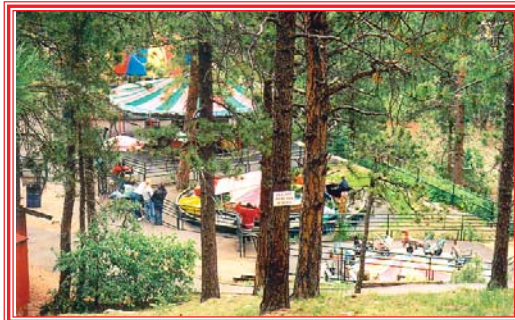
There's plenty of free parking.

Just the Facts

- **Travel time** 30 minutes
 - **For ages** families
 - **Type** Christmas theme park
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$\$ (entry)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
- (Based on a family of four)



The magician at Santa's Workshop performs a magic trick in the show house.



Several children's rides are in Santa's Enchanted Forest.

Get Out!

Donkey Derby Days

For 73 years Cripple Creek has held "Donkey Derby Days." The free event is Saturday, with riders racing donkeys. There's live music, games and contests between 8 a.m. and 5 p.m. Activities continue Sunday. Call 689-3461 for information. Cripple Creek is reached off W. Highway 24, taking Highway 67 south at Divide.

Melodramas

"The Thief of Frisco" is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek. Shows are Wednesday to Saturday at 8 p.m.; 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets start at \$6.50.

"Run to the Roundhouse, Nellie" is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave. in Manitou Springs.

Renaissance military discount

Soldiers can attend the Renaissance Festival during Military Appreciation Weekend Saturday and Sunday; show identification and buy one ticket, get one free. Take Exit 172 off Interstate 25 north to the fest at Larkspur.

Theater

Neil Simon's "Come Blow Your Horn" is at the CastAways Dinner PlayHouse, 107 Manitou Ave. Dinner and show is \$33, call 685-3700.

Colorado State Fair

The Colorado State Fair runs Aug. 21 to Sept. 5. Concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. Tickets are \$13 to \$33.

Race up Pikes Peak

The annual Pikes Peak Auto Hill Climb is Saturday at 10 a.m. The toll road to Pikes Peak opens at 4 a.m. for spectators wanting to watch the race; tickets at the toll gate.

Free concerts

There's a free concert at the Plaza of the Rockies, 111 S. Tejon, at 6 p.m. each Wednesday.

Thursdays at noon there's a pipe organ concert and silent movie at the City Auditorium, at 221 E. Kiowa.

Bancroft Park in Old Colorado City is the site of concerts Wednesdays at 7 p.m.

West Fest

Michael Martin Murphey's annual "West Fest" is set for July 2 to 5 at Snowmass Village. In addition to Murphey, the Pueblo Symphony Orchestra, Crystal Gayle, Nitty Gritty Dirt Band,

Hal Ketchum, R. W., Hampton, R. J. Vandygriff and other events are on the agenda. Call (800) 325-FEST or go online at westfest.net.

Nature camps

Fountain Creek Nature Camp, "Marsh Mania," is July 12 to 16, from 9 a.m. to 3 p.m., includes songs, hikes, games, crafts and more. Reservations are required for the camp, which is \$120 per child. Call 520-6745 for reservations.

Bear Creek Nature Camp, called "Eco-Explorers," is July 29 to 31, from 9 a.m. to noon. The camp costs \$80 per child and reservations are required. Call 520 6399 or 520-6387 for reservations.

Broadway in Colorado Springs

Season tickets are on sale for the new season, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!" The shows are in the Pikes Peak Center; call 520-SHOW.

Fine Arts theater season

The Fine Arts Center repertory theater has scheduled its new season. "A Funny Thing Happened on the Way to the Forum" is Oct. 1 to 14; followed by "Nuncrackers: The Nonsense Christmas Musical," Nov. 19 to Dec. 12. "Cabaret" is set for Feb. 4 to 27, followed by "Singin' in the Rain" April 29 through May 22. Call the box office at 634-5583 for season tickets or reservations.



Photo by Nel Lampe

Riverwalk ...

Visitors board a boat for a ride and guided tour of the Historic Arkansas Riverwalk Project in Pueblo. The riverwalk includes wide walkways, trees, statues, bridges and pavilions. Tour boat rides are \$4 for military and \$3 for children ages 3 to 12. Tour boats run from 9 a.m. to 9 p.m. Paddle boats are available nearby on Lake Elizabeth for \$6 a half-hour for single riders and \$10 per half-hour for four-passenger boats. Take exit 98b of Interstate 25 south, toward downtown Pueblo. Go through three intersections then turn left on Union to the parking lot and boathouse.



Program Schedule for Fort Carson cable Channel 10, today to July 1.

Army Newswatch: stories on Olympic wrestling finals, troop cuts in Korea and reflagging as a Unit of Action (repeat). Airst at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the World War II memorial, Rolling Thunder and the USS John C. Stennis (repeat). Airst at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on fatigue management, smart bomb accuracy and gate guards (repeat). Airst at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airst at 9 a.m. and 5:30 p.m.

Safety video "Be Safe" airst at 10:30 a.m., 11:30 a.m., 2 p.m., 3 p.m. daily.

Driving safety information ("Driver's Dozen" and "Every Drive Counts") is at 6:30 a.m. and 6:30 p.m.

Foreign language programming courtesy of SCOLA is on Channel 9, unless there is a training videotape showing. To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil. Program times will be published in the *Mountaineer*, provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an e-mail to the above address. Send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

Sports & Leisure



Photo by Walt Johnson

Howitzer Battery runner Skylar Wirtz beats the throw to Medical Department Activity third baseman Michael Bozzo during intramural action Tuesday at the Mountain Post Sports Complex.

Mountaineer game of the week

Howitzer Battery hands MEDDAC first league defeat

by Walt Johnson
Mountaineer staff

Both the Medical Department Activity and Howitzer Battery, 3rd Battalion, 3rd Armored Cavalry Regiment, teams went into Tuesday night's game with undefeated records in league play.

Howitzer Battery had the last say on who would remain undefeated as it defeated the MEDDAC team 17-12 to take sole possession of the post's southern intramural league.

Howitzer Battery came into the game with the swagger of a champion, having played undefeated softball this season with a team of outstanding fielders and line-drive hitters.

MEDDAC came into the game with less than the team that rode to an undefeated record and according to its coach, Thomas Ricks, due to injury and absences.

"I normally play short but I broke my thumb and my normal second baseman isn't here tonight, so I had to put players into positions they were not familiar with and we didn't adjust to the new positions," Ricks said.

Makeshift lineup or not, it was clear the MEDDAC team would have to play its best game of the season to defeat the talented Howitzer Battery team. In the end, the team couldn't keep up with the hot Howitzer bats.

As expected the teams played on even terms early in the game. After two innings, each team had scored three runs and it looked like the game would come down to

the last at bat. Howitzer Battery had another idea.

Over the next three innings Howitzer Battery's big bats scored nine runs and going into the top of the fifth inning Howitzer had a 12-8 lead. Ricks and his team knew they had another rally in them and they proceeded to put two runs on the board to close the gap to 12-10. Howitzer Battery then turned up the offense again, scoring five runs to take a 17-10 lead. MEDDAC tacked on two runs in its half of the sixth inning but it proved to be too little as the Howitzer team celebrated its sixth consecutive league victory.

After the game, Howitzer Battery Head Coach Earl Ullon was pleased with his team's effort and the way the team is playing right now.

"We could have played some aspects of the game better but overall we played well tonight. Our bats were good and everyone was on their game tonight. I couldn't have asked for anything more from the team than it gave me," Ullon said.

Ricks thinks his team definitely has the tools to be at the top of the league and looks forward to the rest of the MEDDAC season as it now plays from behind the league leaders.

"We haven't played in two weeks because it rained last week and the week before we didn't have any games. We came out a little rusty and hopefully when we play our next game we can start another winning streak," Ricks said.

Intramural Softball Standings

(as of June 15)

Co-Ed

	Wins	Losses
USA MEDDAC	4	0
59th MP Co.	3	2
59th Quartermaster	2	2
5025th MP Co.	2	2
66th Military Intl.	4	3
571st Med Co.	2	3

Eastern League

HHC, 3rd BCT	6	0
59th Quartermaster	5	1
I Troop, 3-3 ACR	5	2
1-8 Infantry	8	2
Support, 4-3 ACR	2	3
5025th GSU	1	2
HHT, 3-3 ACR.	1	3
43rd CEC, 2-3 ACR	1	3
Svc, 3-29 FA	1	5
360th Trans	0	4
13th ASOS	0	5

Northern League

HHC, 7th ID/HHC USAG	3	0
L Troop, 3-3 ACR	4	1
C Co., 2-122 MP	5	2
HSC, 2-10 SFG (A)	4	3
HHC, 1-68th Armor	3	3
C Co., 4th Engineers	3	4
HHB, 3-29 FA	2	3
HHT, 4-3 ACR	2	3
HHD, 68th CSB	2	5
G3-HHC, 7th ID	1	5
HHC, 43rd ASG	1	4

Southern League

HWB, 3-3 ACR	6	0
USA MEDDAC Men 1	7	1
HSC 52nd Engineer Bn.	5	1
534th Signal	4	3
K Troop, 3-3 ACR	3	2
D Co., 1-3 ACR	3	2
C Battery, 3-29 FA Bn	2	4
HWB, 2-3 ACR	2	2
64th Maintenance FSB	0	4
A Battery, 3-29 FA Bn	1	3
HHC, 1-12 Infantry	0	8

Western League

ADA, 1-3 ACR	4	0
B Co., 64th FSB	2	1
B Co., 1-12 Inf	2	1
A Co., 52nd ECB (H)	4	2
60th Ordnance Co.	4	2
C Battery, 1-44 ADA	3	2
C Co., 1-12 Infantry	4	3
478th PSB	32	3
A Co., 1-12 Infantry	2	5
A Co., 4th Engineer Bn	2	5
Maint, 1-12 Infantry	0	6

On the Bench

McKibben ready to host post weight-lifter competition Aug. 21

by **Walt Johnson**
Mountaineer staff

For all the Soldiers who have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

McKibben Physical Fitness Center will be the site for the next post men's and women's power lifting competition Aug. 21 and 22 according to Lenwood Jordan, fitness center manager.

Jordan said the competition will give many of the post outstanding weightlifters a chance to compete in a competition to decide who is the best male and female weightlifters on post.

"This has always been a prestigious event on post and we are looking forward to this being one of the best competitions we have had in some time," Jordan said.

Weigh-in and classification placement will take place from 7:30 a.m. to 8:30 a.m. Aug. 21 with the competition beginning at 9 a.m. each day. All military active duty in the area, Department of Defense civilians, civilian contractors and retirees are eligible to compete.

For more information, on the tournament, contact Jordan at 526-2137 or 526-2597.

The Fort Carson Aces won the 2004 E Division Demarini title Saturday at the

Skyview Sports complex in Colorado Springs.

The post team won its first two games but it looked like they could have a problem winning a third game. The Aces trailed 7-2 after five innings. In the sixth inning, the opposition, Line Drive, added two more runs to take a 9-2 lead. Staring at the possibility of a loss, the Aces turned on the offensive power. The Aces scored seven runs to tie the game at nine going into the top of the seventh inning. The Aces defense held the opposition without a run in the top of the seventh and then the team scored the winning run as Rich Conger was doubled home by Zack Grattan, who lined a double to score Conger and win the game.

In the game that proved to be the championship game, the Aces defeated Redrum (Murder spelled backwards) 29-6. The Aces will take a two-week break before playing in the Miken bats tournament at Skyview Sports Complex in Colorado Springs July 10.

The Fort Carson Lady Mountaineers had its best showing of the year in Demarini Classic Saturday at Skyview Sports Complex in Colorado Springs.

The Lady Mountaineers won four of six games to finish fourth in the tournament. The highlight of the tournament, and a test of how far



Photo by Walt Johnson

Fort Carson's Tony Claiborne will be one of the competitors at Saturday's body building/fitness competition at the National Physique Committee's Colorado State championships. See a related article on page 29.

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Bench

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the team is progressing, was its two victories over Twisters, a local team that has beat the post team badly in the past two tournaments played.

"We hit the ball well, the players fielded well and it was just a good day for our team," Lady Mountaineers coach Cathy Satow said.

The 2004 Twinlab National Physique Committee Colorado State Bodybuilding, Fitness and Figure championships and Colorado State Novice Bodybuilding and Novice Figure championships will be held Saturday in Denver.

Fort Carson's Tony Claiborne and Marcus Dungen will be among the competitors seeking the 2004 championship. The contest will be held at the Paramount Theater on the 16th Street Mall, 1621 Glenarm Pl., W. Denver. The show will begin at 9 a.m.

Fort Carson Child and Youth Services will be currently registering any child interested in cheerleading, flag football and soccer for the upcoming fall season.

The registration period for the activities is now through Aug. 28 at the youth center's sports office. In order to participate in the sports or activity, people must have had a sports physical examination and must be a military identification card holder.

The age groups for each activity are: 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. Additionally, there is a 3- to 4-year-old bam-bam age group. Call 526-1233 or 526-4425 for more information.

The youth center is also interested in adults interested in coaching fall cheerleading, soccer and flag football teams.

If you would like to try your hand at this rewarding activity, call 526-1233 or 526-4425.

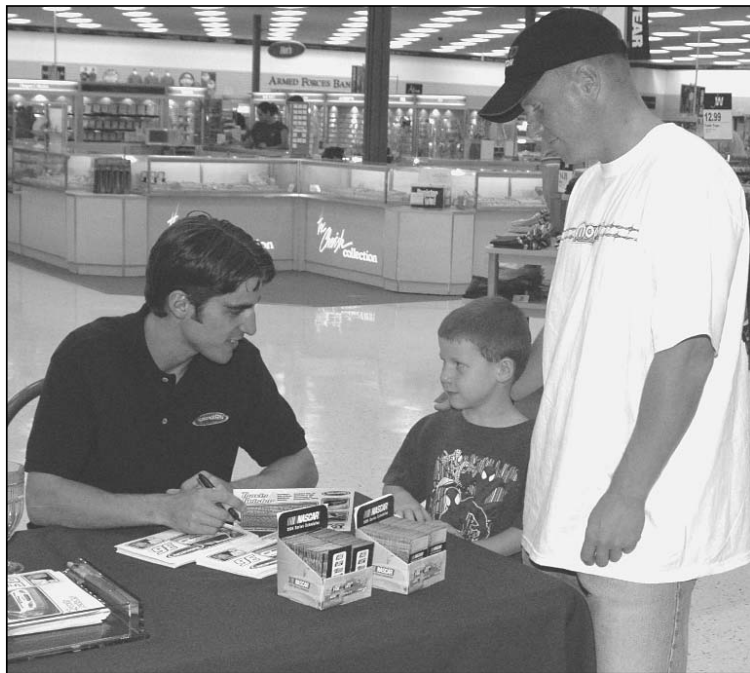


Photo by Walt Johnson

Fast company ...

Sean Johnston, center, talks with NASCAR driver Travis Geisler, left, as his father, Jeff Johnston, right, looks on. Geisler was at the post exchange and Xtremes Sports and Entertainment Bar signing autographs for race fans.

Mountaineer Leisure Feature

Team unity ...

Golf was the theme of the day at the post golf course Friday as the Medical Department Activities had its annual golf outing. Team unity was also on the mind of these hospital players because it was a "great chance to have some fun and show some team unity," according to Kristi Andrews, second from right. These players had the faces of the MEDDAC chain of command put on a T-shirt. From left, Treena Nesius (Col. Brian Lein), Jen Smith (Lt. Col. Mark Chin), Andrews (Col. John Johnson) and Michelle Julian (Command Sgt. Major Ronald Dean). "The commanders thought it was great and we were glad we did it," Andrews said.



Photo by Walt Johnson

Mountaineer Award Feature



Photo by Walt Johnson

"Topnotch" ...

Lori Martindale, center, assistant facility manager at Garcia Physical Fitness Center and Forrest Fitness Center, listens as McDonald Kemp, left, Director of Community Activities, and Lynn Wilson, right, wife of Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, present her with an outstanding achievement award June 17 at the DCA offices. Both Kemp and Wilson praised Martindale for "extraordinary efforts in support of the post military community."